

Curriculum for U9-U12 Ages



7v7/9v9

Curriculum

**Developed for Players Ranging
Between U9-U12**

Philosophy

The primary goals of the age group is to continue to master footskills, build partnerships with teammates, and develop a higher level of understanding within the speed of play. This is done through phases of development. The philosophy is not to focus on game results or preparing for the weekend's games, but rather the overall development of the players.

Goals

1. Foster a love for the game
2. Continue to master footskills and become comfortable with keeping the ball close
3. Encourage passing and partnership forming
4. Develop soccer IQ through questions rather than telling players what to do
5. Learn "How to Train"
6. Guide them to learning 7v7 and 9v9 team shape
7. Provide opportunities for players to play multiple positions in the game/training setting
8. Avoid fitness activities
9. Avoid lines and laps

Team Shape

7v7

1-2-3-1

The shape for 7v7 provides two central defenders with one central midfielder, two wingers, a lone striker, and a keeper. The central defenders stick together closely as true central defenders, working together in pressure/cover situations. The wingers are responsible for the wide areas. They help recover to support defenders as well as provide supporting runs in the attack. The central midfielder is also known as the pivot player, playing in multiple directions. They hold the middle of the field while providing support to the defenders and attackers playing box to box. The striker makes movements across the field from side to side while providing support to attack.

9v9

1-3-2-3

The shape for 9v9 provides three backs, two central midfielders, and three attacking players. The system gives good balance across the field. The three defenders work as a group but depending on the position of the ball, the wide defenders can provide support to attacking players as well. The two midfielders can play side by side or have a dedicated attacking mid and defending mid. They provide support to the rest of the system. The three attackers work together to provide opportunities in the attack. The wide attackers, wingers, help in the defense as well as make runs into the attack.

7v7 Standards

Field Size: 40 x 55 Yards

Number of Players: 7 players on each side

Game Length: 25 min halves

Ball Size: 4

Goal Size: 12 x 6 feet

Restarts: Throw ins, restart after each goal, indirect/direct free kicks, PK's

Rule Changes: Punting is allowed, no heading

9v9 Standards

Field Size: 50 x 75 Yards

Number of Players: 9 players on each side

Game Length: 30 min halves

Ball Size: 4

Goal Size: 16 x 7 feet

Restarts: Throw ins, restart after each goal, indirect/direct free kicks, PK's

Rule Changes: Punting is allowed, heading is allowed

Phase Philosophy

The idea of Phases is because of the diverse levels of the small sided ages in recreational soccer. Typically 7v7 will use phase 1 and 9v9 will use phase two. However, the two phases allow the coach to adjust the program based on the needs of the players on their team. Perhaps they have a u10 team that is at the u12 "soccer age". Or the U11 team is at a U9 "soccer age". The phases allow both to be developed accordingly in the appropriate stage of development.

Phase 1

- Typically 7v7 Ages
- Continue to develop Individual Footskills
- Passing, Receiving, Finishing- Technical and Tactical
- 1st Attacker- Advance the ball
- 1st Defender- Win the ball (pressure), Delay

Phase 2

- Typically 9v9 Ages
- Footskills- Keeping the ball
- Passing, Receiving, Finishing- Technical and Tactical
- 2nd Attacker- Support
- 2nd Defender- Cover

Phase 1 Topics

Week 1– Dribbling- To Take Space

Week 2- Dribbling- Change Direction

Week 3- Passing and Receiving Basics

Week 4- Passing and Receiving Awareness

Week 5- 2v1

Week 6- Defending- 1st Defender

Week 7- Finishing- Basics

Week 8- Building Out of the Back

Week 9- 4v1 Possession (Squares)

Week 10-5v2 Possession (Splits)

Phase 2 Topics

Week 1– Dribbling- To Take Space

Week 2- Dribbling- Change Direction

Week 3- Passing and Receiving to Break Lines

Week 4- 4v1- Possession

Week 5- Defending The Role of Cover (2nd Defender)

Week 6- Finishing- Power vs Finesse

Week 7- Building Out of the Back

Week 8- 2v2- Attacking/Defending

Week 9-5v2 Possession (Splits)

Week 10- 6v3 Possession

Phase 1 (Typically 7v7 Ages)

Phase 1

Week 1, Lesson 1

Topic: Dribbling To Take Space

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the thighs of each leg, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Gates Dribbling

Setup: 1/2 of game field. Set up cones in sets of two. Each gate should be 1 yard wide. A gate is simply two cones set up 1 yd apart. Gates are scattered around the area.

Instructions: Players try to score points by dribbling through as many gates as they can in one minute. Players cannot go through the same gate two times in a row. 1. Play 2 or 3 one minute games. Players are encouraged to “beat” their last score. 2. Coach can block a gate at random so players must travel to the open gates.

Coaching points: Keep soccer ball close and under control. Find the “open gates”.

Video Link: <https://youtu.be/FJDbEsmVWz8?si=qgAKwhJ9qV4MqTAK>

Activity 2 (20 min):

Sharks And Minnows Across

Setup: 1/2 of game field. Two goals on the sides.

Instructions: All players have a ball except for 1 shark. Coach is also a shark to start. Minnows start at one end of the grid. Sharks on the opposite line. Minnows try to cross to the other side without losing possession of their ball. The sharks defend their area by trying to steal the minnows’ ball. Once a ball is stolen, the sharks must dribble it into one of the goals. If a minnow loses ball, they can try to steal it back from the shark before it gets into the goal. Minnows who successfully dribble across the sharks’ line continue to round two. Each minnow who loses their ball will join the sharks. Last minnow with a ball is the winner. Play two or three rounds.

Coaching points: Keep soccer ball close and under control. Don’t leave ball to avoid being caught by a shark. Players must turn away from pressure into space.

Video Link: https://youtu.be/g8s_cXjRL80?si=acFZfsSPfraYHCNi

Activity 3 (20 min):

1v1- 2 Goal

Setup: 10x15 grid with small goals on each end line. 1/2 players at center on one side, 1/2 on the other side. Two playing, others resting. Coach has all soccer balls on the side.

Instructions: Coach starts play by distributing ball to attacker on opposite side of grid. Attacker has option to attack either goal and can constantly change direction of play/attack. Play continues until goal is scored by either player or goes out of bounds. Rotate sides.

Coaching points: Use inside or outside touch to turn away from pressure and dribble into space.

Video Link: https://youtu.be/_loshL_2Tcg?si=leaCPZRuTDu-QJ_1

Activity 4 (remaining time): Free Play

Phase 1

Week 2, Lesson 1

Topic: Dribbling to Change Direction

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the thighs of each leg, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Box Dribble (Change Direction)

Setup: 30 x 40 grid size. 8 x 8 box in the middle of the grid.

Instructions: Half the group has the balls on the outside of the grid and dribble to the box in the middle and perform the skill move targeted. After they change direction they find another player to switch with. Then that player repeats.

Coaching Points: Change of direction skill, change speed after changing direction

Video Link: Cryuff-<https://youtu.be/K4JR-gK1SXU> ,

Activity 2 (20 min):

Island Hopping

Setup: 30 x 30 field. A 5 x 5 square in each corner.

Instructions: 1. No ball. All players start without a ball there is 1 shark. Coach is also a shark to start. Minnows start in the corners. Sharks in the middle. Minnows go from corner to corner without being tagged, eventually without losing possession of their ball. The sharks defend their area by trying to tag the minnows, eventually try to steal the minnows' ball.

2. Once a ball is stolen, the sharks must dribble it into one of the goals. If a minnow loses ball, they can try to steal it back from the shark before it gets into the goal. Minnows who successfully dribble across the sharks' line continue to round two. Each minnow who loses their ball will join the sharks. Last minnow with a ball is the winner. Play two or three rounds.

Coaching points: Keep soccer ball close and under control. Don't leave ball to avoid being caught by a shark. Players must turn away from pressure into space.

Video Link: <https://youtu.be/w7QceEfrPrs?si=FgN0UPOK0Q0WDIE9>

Activity 3 (20 min):

1v1 -Two Goals

Setup: 10x15 grid with two small goals on each end line. 1/2 players on each sideline. Two playing, others resting. Coach has soccer balls on side.

Instructions: Coach starts play by distributing ball to attacker on opposite side of grid. Attacker has option to attack either goal and can constantly change direction of play/attack. Play continues until goal is scored by either player or goes out of bounds. Rotate sides.

Coaching points: Change directions to turn away from pressure. Use stop & go to create space.

Video Link: https://youtu.be/_loshL_2Tcg?si=leaCPZRuTDu-QJ_1

Activity 4 (remaining time): Free Play

Phase 1

Week 3, Lesson 1

Topic: Passing and Receiving Basics

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the laces of one leg, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Passing Gates

Setup: Players are 15 yards apart from each other, Place a gate 5ft wide in the middle to pass through. Can adjust based on ability

Instructions: Introduce the principles of passing and receiving. Players will pass across the lane to try to accurately pass through the gate. After the practice round keep score and the winner moves to the right.

Coaching Points: Accuracy, weight, plant foot pointed towards the target, inside of the foot, push not punch

Video Link: <https://youtu.be/xmDXOE5gGn8?si=FEAr-lEogmjN5sap>

Activity 2 (20 min):

Back to You/Triangle Passing

Setup: A grid about 15 x 15. There may be a need for several grids.

Instructions: Three players create a triangle with a ball each. The attacking player is in the middle with a defender as well. The goal is for the attacker to successfully receive and then pass the ball back to the player. If they get all three players they get three points and switch with an outside player. If the defender intercepts, the roles in the middle switch. Try one touch.

Coaching Points: Awareness of who to pass with next, weight of the pass, accuracy

Video Link: <https://youtu.be/Mt7qALsCzAs?si=3kqgwXQINMTwk08Z> (start to 1:18)

Activity 3 (20 min):

3v3 -2 Goals

Setup: 35 x 30 field size. Two goals in each corner of the field.

Instructions: Players play 3v3 to either goal in the corner, forcing them to play to the goal with the most space or where they have numbers. Balls out on the touchline are turnover to the other team, pass or dribble-ins. Balls in the goal or across the goal line is a switch of players for both groups.

Coaching Points: Find the space on the field, pass to players who have the most space.

Video Link: <https://youtu.be/O9gfcdM1jgE?si=XoHyMEyJV8TbtjMV> (1:45)

Activity 4 (remaining time): Free Play

Phase 1

Week 4, Lesson 1

Topic: Passing and Receiving Awareness

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the laces of one leg, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Passing Circle

Setup: 25-30 yard diameter circle, 5 x 5 circle in the middle.

Instructions: Half the group has the balls on the outside of the grid and dribble through the circle in the middle.. After they find a player to pass to and switch positions. Then that player repeats.

Coaching Points: Make eye contact, find another player around the circle (awareness), use the correct passing technique

Video Link:

Activity 2 (20 min):

Back to You/Triangle Passing

Setup: A grid about 15 x 15. There may be a need for several grids.

Instructions: Three players create a triangle with a ball each. The attacking player is in the middle with a defender as well. The goal is for the attacker to successfully receive and then pass the ball back to the player. If they get all three players they get three points and switch with an outside player. If the defender intercepts, the roles in the middle switch. Try one touch.

Coaching Points: Awareness of who to pass with next, weight of the pass, accuracy

Video Link: <https://youtu.be/Mt7qALsCzAs?si=3kqgwXQINMTwk08Z> (start to 1:18)

Activity 3 (20 min):

The Fiesta

Setup: 25 x 25 grid. Teams of four with different color bibs. Neutral players on each side of the grid

Instructions: Players play 2v2 inside the grid with the neutral players available on the outside. Two games will be going simultaneously, one playing vertical and one horizontal. Teams get a point for getting the ball to a target player.

Coaching Points: Passing awareness, head on a swivel, weight in the pass

Video Link: <https://youtu.be/Mt7qALsCzAs?si=WPT4tI0GzSdwXTB2> (1:25-2:40)

Activity 4 (remaining time): Free Play

Phase 1

Week 5, Lesson 1

Topic: 2v1

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the thighs of each leg, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

2v1 Challenge

Setup: Groups will place a ball on a cone with space to work.

Instructions: Two players are attacking the ball on the cone. Passing and moving to get a shot on the ball on the cone. One player is a defender trying to keep the two players from knocking the ball off the cone. The defender can not stand over the ball, must stay over 2ft at all times.

Coaching Points: Passing principles, open body to the targets (cone or teammate)

Video Link:

Activity 2 (20 min):

2v1 to Goal

Setup: 15x20 grid with a goal on each end line. Divide players up into three groups. Two sets of attackers beside goal and one set of defenders near the other goal.

Instructions: Coach starts play by distributing ball to attackers on opposite side of grid (first two in each line are playing, others resting). Attackers must work together to score on their goal. If defender gets ball he can score on his goal. Play continues until goal is scored by either team or goes out of bounds. Rotate sides so that everyone has a turn at attacker and defender.

Coaching points: Encourage team to work together and stay connected with their partner. Can't pass to your partner if they hide behind defender. Move to space with and without ball.

Video Link: <https://youtu.be/ldPUWVtgEtE?si=mOHHZYOBge-46Cx>

Activity 3 (20 min):

3v2- To Goal

Setup: 15 x 10 grid (adjust size as needed), Three attacking players and two defenders in bibs, one goal on the end for attackers

Instructions: Three attackers start play on one end of the grid with a pass. Two defenders pressure the attackers. Attackers get points for goals, defenders get points for dribbling past the attackers starting line. Restart with new groups after each point. Balls out on the touchline are restarts.

Coaching Points: Use the width and spread out, draw the defender in before passing to create space

Video Link: <https://youtu.be/2qBZ9M30ye4?si=2metAio4ZDmBS4Ui>

Activity 4 (remaining time): Free Play

Phase 1

Week 6, Lesson 1

Topic: Defending to Win the Ball (1st Defender)

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the thighs of each leg, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

1v1 Defending

Setup: 10x15 grid with small goals on each end line. 1/2 players at center on one side, 1/2 on the other side. Two playing, others resting. Coach has all soccer balls on the side.

Instructions: Coach starts play by distributing ball to attacker on opposite side of grid. Attacker has option to attack either goal and can constantly change direction of play/attack. Play continues until goal is scored by either player or goes out of bounds. Rotate sides.

Coaching points: Use inside or outside touch to turn away from pressure and dribble into space.

Video Link: https://youtu.be/_loshL_2Tcg?si=SJB73H5ime8v0fr-

Activity 2 (20 min):

3v2- To Goal

Setup: 15 x 10 grid (adjust size as needed), Three attacking players and two defenders in bibs, one goal on the end for attackers

Instructions: Three attackers start play on one end of the grid with a pass. Two defenders pressure the attackers. Attackers get points for goals, defenders get points for dribbling past the attackers starting line. Restart with new groups after each point. Balls out on the touchline are restarts.

Coaching Points: Use the width and spread out, draw the defender in before passing to create space

Video Link: <https://youtu.be/2qBZ9M30ye4?si=2metAio4ZDmBS4Ui>

Activity 3 (20 min):

4v4-Defending

Setup: 30x25 grid, divide players into two teams, goals on endlines

Instructions: 4v4, no keepers, throw-ins, or corners. Balls out of bounds are kick-ins. Rotate players on each goal

Coaching Points: identifying the first defender (closest to the ball), press to win

Video Link: https://youtu.be/XWIP0VbJtKs?si=kilc5_x3JGXZ-ztO (6:00)

Activity 4 (remaining time): Free Play

Phase 1

Week 7, Lesson 1

Topic: Finishing-Basics

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the laces of one leg, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Striking Lines

Setup: Gates 5 yards wide, 10-15 yards apart from each other

Instructions: Players grab a partner and line up across for them. While in their gate, they will strike a ball to their partner. One point for getting the ball in the gate to their partner. First to 10 wins

Coaching Points: Must use the “bone” of the foot (laces), Inside of the foot does not count...we are not passing to the partner.

Video Link:

Activity 2 (20 min):

2v2 -Cross Goals

Setup: 15 x15 grid. Goals in the middle of all four lines. Divide players into two teams that start across from each other

Instructions: One team touch the ball into the grid and then can try to score on any of the goals other than the goal they start at. The defenders can collect the ball and also score in any goal other than the one they started at. Any ball out or in the goal is a point and the players rotate.

Coaching Points: Head up to find the goal, finishing with accuracy and speed

Video Link: https://youtu.be/XWIP0VbJtKs?si=cdfws_3-a2RKY45e (3:15)

Activity 3 (20 min):

1v1-2v1 Finishing

Setup: Need a goal to finish into, 20 x 25 grid, three even lines

Instructions: Player in the center line starts with a ball and plays around a player (or the coach). After they make a move around the coach they finish the shot. After that they become the defender, while a player from both the other lines comes in with a ball to create the 2v1 to finish on goal. Players rotate lines and the next group starts.

Coaching Points: Finishing tech (bone of the foot), prep to shoot

Video Link: https://youtu.be/wTqLOy8vtvw?si=svHPoyIMtu_9KjOy

Activity 4 (remaining time): Free Play

Phase 1

Week 8, Lesson 1

Topic: Building out of the Back

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the laces of one leg, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

2v1- (Plus Keeper) From the back

Setup: Defending half of the 7v7 field but only 25 yards wide (adjust size as needed), A keeper, and two defending players and one attacking in a bib, one goal on the end for attacker, two mini goals (or gates) for the defenders to score in.

Instructions: The ball starts with the goal keepers. Arrange the two defenders into a center backs. After the ball is played from the keeper as a goal kick, the defenders and the keeper work to get the ball to the midline into two goals (or gates). If attacker wins the ball they can shoot on the keeper. Restarts on points. Balls out on the touchline are restarts. The goal is to put passes together, on the ground, to build up and score points

Coaching Points: Use the width and spread out, create space, play in all directions to move the ball up the field

Video Link: <https://youtu.be/FCGpRUkOh90?si=vm8uOO-y2NBfWjws>

Activity 2 (20 min):

4v2 (Plus Keeper) From the back

Setup: Defending half of the 9v9 field (adjust size as needed), A keeper, and four defending players and two attacking in a bib, one goal on the end for attacker, two mini goals (or gates) for the defenders to score in.

Instructions: The ball starts with the goal keepers. Arrange the four defenders into two center backs and two wide defenders. After the ball is played from the keeper as a goal kick, the defenders and the keeper work to get the ball to the midline into two goals (or gates). If the attacker wins the ball they can shoot on the keeper. Restarts on points. Balls out on the touchline are restarts. The goal is to put passes together, on the ground, to build up and score points

Coaching Points: Use the width and spread out, create space, play in all directions to move the ball up the field

Video Link: <https://youtu.be/FCGpRUkOh90?si=vm8uOO-y2NBfWjws>

Activity 3 (20 min):

6v4 (Plus Keeper)- From the back

Setup: Defending half of the 9v9 field (adjust size as needed), A keeper, and six defending players and four attacking in a bib, one goal on the end for attacker, two mini goals (or gates) for the defenders to score in.

Instructions: The ball starts with the goal keepers. Arrange the four defenders into two center backs and two wide defenders, and two midfielders. The attackers should be arranged as a striker, a center midfielder, and two wide players. After the ball is played from the keeper as a goal kick, the defenders and the keeper work to get the ball to the midline into two goals (or gates). If the attackers win the ball they can shoot on the keeper. Restarts on points. Balls out on the touchline are restarts. The goal is to put passes together, on the ground, to build up and score points

Coaching Points: Use the width and spread out, create space, play in all directions to move the ball up the field

Video Link: <https://youtu.be/FCGpRUkOh90?si=vm8uOO-y2NBfWjws>

Activity 4 (remaining time): Free Play

Phase 1

Week 9, Lesson 1

Topic: 4v1 Possession (Squares)

U9-U12- 7v7/9v9

Warm Up (5 min): Group Juggling

Using a group of players (4-6) try to keep the ball from hitting the ground using feet and thighs.

Activity 1 (20 min):

3v1 Challenge

Setup: Groups will place a ball on a cone with space to work.

Instructions: Three players are attacking the ball on the cone. Passing and moving to get a shot on the ball on the cone. One player is a defender trying to keep the two players from knocking the ball off the cone. The defender can not stand over the ball, must stay over 2ft at all times.

Coaching Points: Passing principles, open body to the targets (cone or teammate)

Video Link:

Activity 2 (20 min):

4v1 Squares

Setup: 10 x 10 Grid (adjust as necessary), four players on each line of the square, one defender holding a bib in the center

Instructions: The four players try to stay on the lines of the outside of the grid. They move up and down the line to provide support as the team passes around the defender. Have the defender hold a bib and dribble a soccer ball in the middle to gain the ball the team is passing with. If it is too easy for the outside team, remove the ball and have the defender speed walk ... and eventually get to running if the team can handle it.

Coaching Points: Player support by moving, creating good supporting angles

Video Link: https://youtu.be/9SMEVuk0bbg?si=3Z_f2btIkHU6el-s

Activity 3 (20 min):

3v3 -2 Goals

Setup: 35 x 30 field size. Two goals in each corner of the field.

Instructions: Players play 3v3 to either goal in the corner, forcing them to play to the goal with the most space or where they have numbers. Balls out on the touchline are turnover to the other team, pass or dribble-ins. Balls in the goal or across the goal line is a switch of players for both groups.

Coaching Points: Find the space on the field, pass to players who have the most space.

Video Link: <https://youtu.be/O9gfgcdM1jgE?si=XoHyMEyJV8TbtjMV> (1:45)

Activity 4 (remaining time): Free Play

Phase 1

Week 10, Lesson 1

Topic: 5v2 Possession (Splits)

U9-U12- 7v7/9v9

Warm Up (5 min): Group Juggling

Using a group of players (4-6) try to keep the ball from hitting the ground using feet and thighs.

Activity 1 (20 min):

5v2 -Possession

Setup: 15 x 15 grid, 5 players around the grid and two defenders holding bibs

Instructions: Coach plays a ball into the group trying to keep possession of the ball. The two defenders are trying to win the ball back. Points are given for split passes that “Split” the defenders and successfully make it across to a player under control. If the defenders catch on and hang together, add points for 5 passes to get them to move around.

Coaching Points: Players look for splits. Players away from the ball show for the split pass

Video Link: https://youtu.be/aG2oPfJGZfw?si=R3ihs_8q2Xin8Jeb

Activity 2 (20 min):

5v2 -To Goal

Setup: 15 x 20 grid, 5 players around the grid and two defenders holding bibs

Instructions: Coach plays a ball into the group trying to keep possession of the ball. The two defenders are trying to win the ball back. Points are given for split passes that “Split” the defenders and successfully make it across to a player under control. Points are given for split passes that “Split” the defenders and successfully make it across to a player under control. If the defenders win the ball they can go to either goal to score and win a point themselves.

Coaching Points: Players look for splits. Players away from the ball show for the split pass

Video Link: <https://youtu.be/TPIUfsOf850?si=3iNDc1tH-pbhFIUb>

Activity 3 (20 min):

5v5

Setup: 35 x 30 Grid. Two team of 5 players each.

Instructions: The game is a simple 5v5 game with no keepers. Focus on split passes and even award team with points for finding the split.

Coaching Points: Focus on split passes.

Video Link: https://youtu.be/XWIP0VbJtKs?si=skaCJJ_fLDNhlrm0 (4:45) (add one player for 5v5)

Activity 4 (remaining time): Free Play

Phase 2 (Typically 9v9 Ages)

Phase 2

Week 1, Lesson 1

Topic: Dribbling To Take Space

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using both thighs, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Sharks and Minnows Across

Setup: 1/2 of game field. Two goals on the sides.

Instructions: All players have a ball except for 1 shark. Coach is also a shark to start. Minnows start at one end of the grid. Sharks on the opposite line. Minnows try to cross to the other side without losing possession of their ball. The sharks defend their area by trying to steal the minnows' ball. Once a ball is stolen, the sharks must dribble it into one of the goals. If a minnow loses ball, they can try to steal it back from the shark before it gets into the goal. Minnows who successfully dribble across the sharks' line go back for round two. Each minnow who loses their ball will join the sharks. Last minnow with a ball is the winner. Play two or three rounds.

Coaching points: Keep soccer ball close and under control. Don't leave ball to avoid being caught by a shark. Players must turn away from pressure into space.

Video Link: https://youtu.be/g8s_cXjRL80?si=acFZfsSPfraYHCNi

Activity 2 (20 min):

Flying Numbers/Get Out of Here

Setup: 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing behind their goal. Coach has all the balls on the side.

Instructions: Coach passes a ball into the field, and calls out a number. Players with that number on each team then come out and play to goal. After goal or out of bounds they return to their starting point. Coach then passes a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

Coaching Points: Just keep it simple and fun, try to keep players on the goal line, Remember, encourage successes and have fun with your players!

Video Link: https://youtu.be/oNIHzG_mJnk?si=6lagALKZQPldF2DC

Activity 3 (20 min):

3v3 -2 Goals

Setup: 35 x 30 field size. Two goals in each corner of the field.

Instructions: Players play 3v3 to either goal in the corner, forcing them to play to the goal with the most space or where they have numbers. Balls out on the touchline are turnover to the other team, pass or dribble-ins. Balls in the goal or across the goal line is a switch of players for both groups.

Coaching Points: Find the space on the field, pass to players who have the most space.

Video Link: <https://youtu.be/O9gfcdM1jgE?si=XoHyMEyJV8TbtjMV> (1:45)

Activity 4 (remaining time): Free Play

Phase 2

Week 2, Lesson 1

Topic: Dribbling to Change Direction

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using both thighs, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Dribbling Gates (Change Direction)

Setup: 1/2 of game field. Set up cones in sets of two. Each gate should be 1 yard wide. A gate is simply two cones set up 1 yd apart. Gates are scattered around the area.

Instructions: Players try to score points by dribbling through as many gates as they can in one minute. Players cannot go through the same gate two times in a row.

1. Play 2 or 3 one minute games. Players are encouraged to “beat” their last score.
2. Everytime they reach a gate they change direction using Pullback, L-Turn, Cruyff. 2 Yards away from the gate.

Coaching points: Keep soccer ball close and under control. Find the “open gates”.

Video Link: <https://youtu.be/FJDbEsmVWz8?si=qqAKwhJ9qV4MqTAK>

Activity 2 (20 min):

1v1 Change Direction

Setup: 10x15 grid with small goals on each side line. 1/2 players at center on one side, 1/2 on the other side facing each other with the goals on the sides. Two playing, others resting. Coach has all soccer balls on the side.

Instructions: Coach starts play by distributing ball to attacker on opposite side of grid. Attacker has option to attack either goal and can constantly change direction of play/attack. Play continues until goal is scored by either player or goes out of bounds. Rotate sides.

Coaching points: Use inside or outside touch to turn away from pressure and dribble into space.

Video Link:

Activity 3 (20 min):

3v3 Change Direction

Setup: 35 x 30 field size. Two goals in each corner of the field.

Instructions: Players play 3v3 to either goal in the corner, forcing them to play to the goal with the most space or where they have numbers. Balls out on the touchline are turnover to the other team, pass or dribble-ins. Balls in the goal or across the goal line is a switch of players for both groups.

Coaching Points: Find the space on the field, change direction, use change of direction skills

Video Link: <https://youtu.be/O9gfcM1jgE?si=XoHyMEyJV8TbtjMV> (1:45)

Activity 4 (remaining time): Free Play

Phase 2

Week 3, Lesson 1

Topic: Passing and Receiving to Break Lines

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using both feet, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Passing Gates

Setup: Players are 15 yards apart from each other, Place a gate 5ft wide in the middle to pass through. Can adjust based on ability

Instructions: Introduce the principles of passing and receiving. Players will pass across the lane to try to accurately pass through the gate. After the practice round keep score and the winner moves to the right.

Coaching Points: Accuracy, weight, plant foot pointed towards the target, inside of the foot, push not punch

Video Link: <https://youtu.be/xmDXOE5gGn8?si=FEAr-IEogmjN5sap>

Activity 2 (20 min):

3v2- To Goal

Setup: 15 x 10 grid (adjust size as needed), Three attacking players and two defenders in bibs, one goal on the end for attackers

Instructions: Three attackers start play on one end of the grid with a pass. Two defenders pressure the attackers. Attackers get points for goals, defenders get points for dribbling past the attackers starting line. Restart with new groups after each point. Balls out on the touchline are restarts.

Coaching Points: Use the width and spread out, draw the defender in before passing to create space

Video Link: <https://youtu.be/2qBZ9M30ye4?si=2metAio4ZDmBS4Ui>

Activity 3 (20 min):

3v3 -4 Goals

Setup: 35 x 30 field size. Two goals in each corner of the field.

Instructions: Players play 3v3 to either goal in the corner, forcing them to play to the goal with the most space or where they have numbers. Balls out on the touchline are turnover to the other team, pass or dribble-ins. Balls in the goal or across the goal line is a switch of players for both groups.

Coaching Points: Find the space on the field, pass to players who have the most space.

Video Link: <https://youtu.be/O9gfcM1jgE?si=XoHyMEyJV8TbtjMV> (1:45)

Activity 4 (remaining time): Free Play

Phase 2

Week 4, Lesson 1

Topic: 4v1 Possession (Squares)

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using both feet, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

4v1 Squares

Setup: 10 x 10 Grid (adjust as necessary), four players on each line of the square, one defender holding a bib in the center

Instructions: The four players try to stay on the lines of the outside of the grid. They move up and down the line to provide support as the team passes around the defender. Have the defender hold a bib and dribble a soccer ball in the middle to gain the ball the team is passing with. If it is too easy for the outside team, remove the ball and have the defender speed walk ... and eventually get to running if the team can handle it.

Coaching Points: Player support by moving, creating good supporting angles

Video Link: https://youtu.be/9SMEVuk0bbg?si=3Z_f2btIkHU6el-s

Activity 2 (20 min):

3v3+1 Keep Away

Setup: 15 x 15 grid (adjust size as needed), two team of three players with one neutral player

Instructions: The coach plays the ball into one of the team and they try to keep the ball away from the other team of three. The neutral player helps the team with possession to give them the numerical advantage. After 3 minutes you can rotate the neutral player. The team with the highest pass count after a minute wins.

Coaching Points: Open up the grid, keep the ball moving

Video Link: <https://youtu.be/14jA4iSHcpU?si=EGFZ9U26SR97XVzR>

Activity 3 (20 min):

3v3 -4 Goals

Setup: 35 x 30 field size. Two goals in each corner of the field.

Instructions: Players play 3v3 to either goal in the corner, forcing them to play to the goal with the most space or where they have numbers. Balls out on the touchline are turnover to the other team, pass or dribble-ins. Balls in the goal or across the goal line is a switch of players for both groups.

Coaching Points: Find the space on the field, pass to players who have the most space.

Video Link: <https://youtu.be/O9gfcdM1jgE?si=XoHyMEyJV8TbtjMV> (1:45)

Activity 4 (remaining time): Free Play

Phase 2

Week 5, Lesson 1

Topic: Defending-The Role of Cover and Delay (2nd Defender)

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using both thighs, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

2v1 with Help

Setup: 15x20 grid with two goals on each end line. Divide players up into four groups. Two sets of attackers beside goal and one set of defenders near the other goal. One group as a trailing defender 10 yards down the sideline.

Instructions: Coach starts play by distributing ball to attackers on opposite side of grid (first two in each line are playing, others resting. At the attackers touch, the trailing defender runs down the sideline around the goal and into the game to help defend making a 2v2. Attackers must work together to score on their goal. If defender gets ball he can score on his goal. Play continues until goal is scored by either team or goes out of bounds. Rotate sides so that everyone has a turn at attacker and defender.

Coaching points: Encourage the first defender to delay forward progress until the second defender can help enter the game. Push to the wide places.

Video Link:

Activity 2 (20 min):

2v2-Defending

Setup: 15 x 10 grid, 2 goals at each end

Instructions: Divide players into two team with one group in bibs. The two sides create two lines on each side of the goal. Attackers touch the ball into the grid and the game begins. When the ball goes out or into a goal the players rotate. Switch the roles after 3 min.

Coaching Points: 1st defender pressure, 2nd defender cover the 1st defender. Work to not allow passes to split the defenders.

Video Link: https://youtu.be/9gjlF8iRn0w?si=9d_rpc2TvgQLG_F

Activity 3 (20 min):

3v2- To Goal

Setup: 15 x 10 grid (adjust size as needed), Three attacking players and two defenders in bibs, one goal on the end for attackers

Instructions: Three attackers start play on one end of the grid with a pass. Two defenders pressure the attackers. Attackers get points for goals, defenders get points for dribbling past the attackers starting line. Restart with new groups after each point. Balls out on the touchline are restarts.

Coaching Points: Use the width and spread out, draw the defender in before passing to create space

Video Link: <https://youtu.be/2qBZ9M30ye4?si=2metAio4ZDmBS4Ui>

Activity 4 (remaining time): Free Play

Phase 2

Week 6, Lesson 1

Topic: Finishing- Power vs Finesse

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using both thighs, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

Zipper Finishing

Setup: 25 x 25 grid. 8 x 8 box in the middle of the grid. Divide the players into two groups. Each group forms a line beside the goal. Everyone needs a ball

Instructions: One team starts by dribbling into the grid while the first player in the other line is the keeper. Shots must be taken from the box in the middle. After the shot, a player from the defending goal line brings a ball in as the player who just shot becomes the keeper. The players continue this rotation until 10 goals are scored and a winner is declared. After a shot the player must become the keeper, not a defender.

Coaching Points: Find the keeper and place the shot away from them, finesse over power.

Video Link:

Activity 2 (20 min):

Power and Finesse

Setup: Divide the players into two groups. Coach has the balls beside the goal.

Instructions: The two players form lines outside the penalty box. The first player is passed a ball to strike at the start of the line (power). After the shot they come in for a shorter shot (finesse) passed by the coach. If they make one of the shots they stay alive and go to the back of the line. If they miss both, they are out behind the goal to gather balls for the coach. Then the next lines first player has a turn. The team with the last player left wins.

Coaching Points: When to use power, when to use finesse. Placement

Video Link: <https://youtu.be/uViNtpZ-HYY?si=WRbxx9NMbdhl6-Wt>

Activity 3 (20 min):

1v1-2v1 Finishing

Setup: Need a goal to finish into, 20 x 25 grid, three even lines

Instructions: Player in the center line starts with a ball and plays around a player (or the coach). After they make a move around the coach they finish the shot. After that they become the defender, while a player from both the other lines comes in with a ball to create the 2v1 to finish on goal. Players rotate lines and the next group starts.

Coaching Points: Finishing tech (bone of the foot), prep to shoot

Video Link: https://youtu.be/wTqLOy8tvtw?si=svHPoyIMtu_9KjOy

Activity 4 (remaining time): Free Play

Phase 2

Week 7, Lesson 1

Topic: Building out of the Back

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the thighs and feet, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

3v1- From the back

Setup: Defending half of the 9v9 field (adjust size as needed), A keeper, and three defending players and one attacking in a bib, one goal on the end for attacker, two mini goals (or gates) for the defenders to score in.

Instructions: The ball starts with the goal keepers. Arrange the three defenders into a center back and two wide defenders. After the ball is played from the keeper as a goal kick, the defenders and the keeper work to get the ball to the midline into two goals (or gates). If attacker win the ball they can shoot on the keeper. Restarts on points. Balls out on the touchline are restarts. The goal is to put passes together, on the ground, to build up and score points

Coaching Points: Use the width and spread out, create space, play in all directions to move the ball up the field

Video Link: <https://youtu.be/FCGpRUkOh90?si=vm8uOO-y2NBfWjws>

Activity 2 (20 min):

4v2- From the back

Setup: Defending half of the 9v9 field (adjust size as needed), A keeper, and three defending players and two attacking in bibs, one goal on the end for attackers, two mini goals (or gates) for the defenders to score in.

Instructions: The ball starts with the goal keepers. Arrange the three defenders into a center back and two wide defenders. After the ball is played from the keeper as a goal kick, the defenders and the keeper work to get the ball to the midline into two goals (or gates). If attackers win the ball they can shoot on the keeper. Restarts on points. Balls out on the touchline are restarts. The goal is to put passes together, on the ground, to build up and score points

Coaching Points: Use the width and spread out, create space, play in all directions to move the ball up the field

Video Link: <https://youtu.be/FCGpRUkOh90?si=vm8uOO-y2NBfWjws>

Activity 3 (20 min):

6v3- From the back

Setup: Defending half of the 9v9 field (adjust size as needed), three defending players, two midfielders as the defending group. One striker and two attacking midfielders in bibs attacking the big goal., One goal on the end for attackers, two mini goals (or gates) for the defenders to score in.

Instructions: The ball starts with the goal keepers. Arrange the three defenders into a center back and two wide defenders. After the ball is played from the keeper as a goal kick, the defenders and the keeper work to get the ball to the midline into two goals (or gates). If attackers win the ball they can shoot on the keeper. Restarts on points. Balls out on the touchline are restarts. The goal is to put passes together, on the ground, to build up and score points

Coaching Points: Use the width and spread out, create space, play in all directions to move the ball up the field

Video Link: <https://youtu.be/FCGpRUkOh90?si=vm8uOO-y2NBfWjws>

Activity 4 (remaining time): Free Play

Phase 2

Week 8, Lesson 1

Topic: 2v2- Attacking and Defending

U9-U12- 7v7/9v9

Warm Up (5 min): Individual Juggling

Using the thighs and feet, try to bounce up the ball as many times in a row with being able to catch the ball at the end.

Activity 1 (20 min):

2v2-Attacking and Defending

Setup: 15 x 10 grid, 2 goals at each end

Instructions: Divide players into two teams with one group in bibs. The two sides create two lines on each side of the goal. Attackers touch the ball into the grid and the game begins. When the ball goes out or into a goal the players rotate. Switch the roles after 3 min.

Coaching Points: Take on the 1v1, Support the attackers, 1st defender pressure, 2nd defender cover the 1st defender. Work to not allow passes to split the defenders.

Video Link: https://youtu.be/9gjIF8iRn0w?si=9d_rpc2TvgQLG_F

Activity 2 (20 min):

Liverpool

Setup: 40 x 30 grid, divide the players into two teams (3v3, 4v4, 5v5)

Instructions: Regular game of soccer. Goals scored are worth one point each, goals scored after winning the ball in the other team's half are worth 2 points. Ball out on the side are kickins. No corners. After 3 min rotate players.

Coaching Points: Emphasis on winning the ball quickly, and attackers breaking the line of defenders quickly.

Video Link: https://youtu.be/XWIP0VbJtKs?si=cdfws_3-a2RKY45e (10:45)

Activity 3 (20 min):

5v5

Setup: 35 x 30 Grid. Two teams of 5 players each.

Instructions: The game is a simple 5v5 game with no keepers. Focus on split passes and even award team with points for finding the split.

Coaching Points: Focus on split passes.

Video Link: https://youtu.be/XWIP0VbJtKs?si=skaCJJ_fLDNhIrm0 (4:45) (add one player for 5v5)

Activity 4 (remaining time): Free Play

Phase 2

Week 9, Lesson 1

Topic: 5v2 Possession (Splits)

U9-U12- 7v7/9v9

Warm Up (5 min): Group Juggling

Using a group of players (4-6) try to keep the ball from hitting the ground using feet, thighs, and head.

Activity 1 (20 min):

5v2 -Possession

Setup: 15 x 15 grid, 5 players around the grid and two defenders holding bibs

Instructions: Coach plays a ball into the group trying to keep possession of the ball. The two defenders are trying to win the ball back. Points are given for split passes that "Split" the defenders and successfully make it across to a player under control. If the defenders catch on and hang together, add points for 5 passes to get them to move around.

Coaching Points: Players look for splits. Players away from the ball show for the split pass

Video Link: https://youtu.be/aG2oPfJGZfw?si=R3ihs_8q2Xin8Jeb

Activity 2 (20 min):

5v2 -To Goal

Setup: 15 x 20 grid, 5 players around the grid and two defenders holding bibs

Instructions: Coach plays a ball into the group trying to keep possession of the ball. The two defenders are trying to win the ball back. Points are given for split passes that "Split" the defenders and successfully make it across to a player under control. If the defenders catch on and hang together, add points for 5 passes to get them to move around.

Coaching Points: Players look for splits. Players away from the ball show for the split pass

Video Link: <https://youtu.be/TPIUfsOf850?si=3iNDc1tH-pbhFIUb>

Activity 3 (20 min):

5v5

Setup: 35 x 30 Grid. Two team of 5 players each.

Instructions: The game is a simple 5v5 game with no keepers. Focus on split passes and even award team with points for finding the split.

Coaching Points: Focus on split passes.

Video Link: https://youtu.be/XWIP0VbJtKs?si=skaCJJ_fLDNhlrm0 (4:45) (add one player for 5v5)

Activity 4 (remaining time): Free Play

Phase 2

Week 10, Lesson 1

Topic: 6v3 Possession

U9-U12- 7v7/9v9

Warm Up (5 min): Group Juggling

Using a group of players (4-6) try to keep the ball from hitting the ground using feet, thighs, and head.

Activity 1 (20 min):

6v3 -Possession

Setup: 15 x 15 grid, 6 players around the grid and three defenders holding bibs

Instructions: Coach plays a ball into the group trying to keep possession of the ball. The three defenders are trying to win the ball back. Points are given for split passes that "Split" the defenders and successfully make it across to a player under control or 6 completed passes in a row (adjust as needed)..

Coaching Points: Players look for splits. Players away from the ball show for the split pass

Video Link: https://youtu.be/aG2oPfJGZfw?si=R3ihs_8q2Xin8Jeb

Activity 2 (20 min):

6v3 -To Goal

Setup: 20 x 25 grid, 6 players around the grid and two defenders holding bibs

Instructions: Coach plays a ball into the group trying to keep possession of the ball. The three defenders are trying to win the ball back. Points are given for split passes that "Split" the defenders and successfully make it across to a player under control. If the defenders win the ball they can go to either goal to score and win a point themselves.

Video Link: <https://youtu.be/TPIUfsOf850?si=3iNDc1tH-pbhFIUb>

Activity 3 (20 min):

6v6

Setup: 40 x 35 Grid. Two teams of 6 players each.

Instructions: The game is a simple 6v6 game with no keepers. Focus on split passes and even award team with points for finding the split.

Coaching Points: Focus on split passes.

Video Link: https://youtu.be/XWIP0VbJtKs?si=skaCJJ_fLDNhIrm0 (4:45) (add two players to each team for 6v6)

Activity 4 (remaining time): Free Play